

ABC's of Health

Overweight

AWARENESS . . .

Being overweight is a problem for many people. If you're overweight, you can improve your health and feel better by losing just a few pounds. Lose weight slowly. Losing 1/2 to 1 pound a week is safest. Slow weight loss makes it easier to keep the weight off.

Being overweight may contribute to:

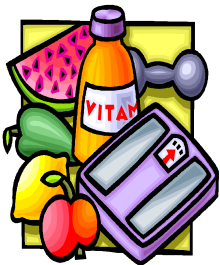
- **heart disease;**
- **diabetes;**
- **high blood pressure;**
- **some types of cancer; and**
- **stroke.**



BEHAVIOR

Eat less and exercise more. Chips, candy and fast foods might taste good but too much of these foods can make you gain weight. Physical activity can help you feel better and stay fit.

Eat more low-calorie, low-fat foods such as



- Grains like **beans, rice, corn tortillas and pasta;**
- **Skim or 1% milk;**
- **Low fat or fat free** cheeses, sour cream, salad dressing and mayonnaise;
- Bread or tortilla with **little or no butter or margarine;**
- **Smaller portions**, beans in place of meat at one meal weekly; and
- **Fruits and vegetables** (fresh or frozen) instead of fatty desserts such as ice cream or cake.

CHANGE

Cook with less fat

- **Cut fat off** your meat before cooking.
- **Bake or broil** fish, chicken or turkey **without skin**.
- Use **less hamburger, lunch meats and sausage** and **remove the skin** before you eat chicken.
- **Use less (or no) oil, butter or lard** for cooking.
- **Season** with garlic, onion, celery and peppers.
- Bake, broil or boil; **limit or eliminate fried foods**.



Be more active

- Burn extra calories by moving your body more every chance you get.
- **Walk** instead of drive.
- **Take the stairs** instead of the elevator.
- Take a walk during your break.
- **Play** with your kids or dog.
- Try a new activity like **swimming, riding a bike or gardening**.

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